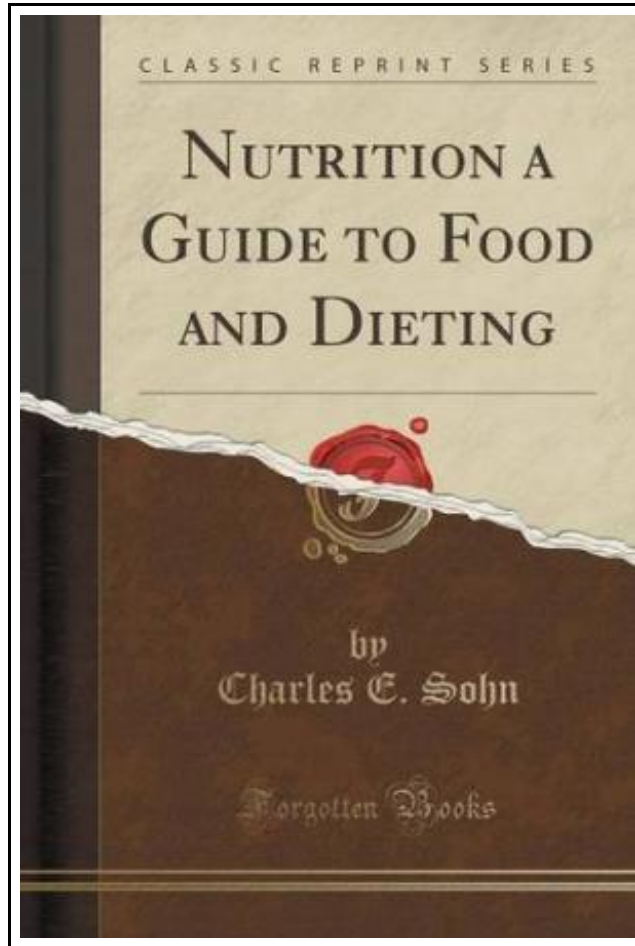


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Reviews

Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.
(Kade Ankunding)

NUTRITION A GUIDE TO FOOD AND DIETING (CLASSIC REPRINT)



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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Nutrition a Guide to Food and Dieting In health we receive the axioms of the dietician with apathy, if not contempt, laughing at all systems and pursuing our way regardless of what the future may have in store for us; and yet but a little consideration will show how regrettable are the consequences of this attitude and how widespread. Not only is an immense amount of suffering and disease traceable to non-observance of the laws governing alimentation, respiration and exercise (the last two being inseparably linked with the former), but a still more vast aggregate of discomforts, minor ailments, weakened vitality and lowered efficiency - mental and bodily - are directly due to the same causes. It is calculated that there arc in the United Kingdom at least eight million persons suffering from dyspepsia in some shape or form. How many more must there be who are habitually afflicted with sick headaches, biliousness, gout and rheumatism? And these are to a large extent self-inflicted punishments! The magnitude of infantile mortality, too, a large proportion indisputably the result of improper feeding, is still a blot on our civilisation, notwithstanding recent improvements. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a blemish or missing page, may be replicated in our edition. We do, however, repair the vast majority of imperfections successfully; any imperfections that remain are...



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